

# Sick Season is here. Are you ready?

Missing work or fun events with friends and family is a real pain. Getting vaccinated doesn't have to be. Make a plan today before you get sidelined with the flu, COVID-19 or other seasonal illness.



## Vaccines are safe, effective and updated to take on current viruses so you and your loved ones can stay healthier this season.



**FLU  
SHOT**

Everyone 6 months and older can get the flu shot.\*

The flu shot protects against three strains of seasonal flu, including H1N1.

**The flu shot typically reduces trips to the doctor by 40 to 60%.\*\***



**COVID-19  
VACCINE**

Everyone 6 months and older should get a COVID-19 vaccine.\* Vaccines are safe for those who are pregnant.

There are three options for the COVID-19 vaccine this season.

**The vaccine reduces your chance of being hospitalized due to COVID-19 by 67%.\*\*\***



**RSV  
PROTECTION**

The RSV vaccine or immunization is given to those who are pregnant, infants and children under 2, and those over 60.

Infants, children under 2-years-old and older adults can get really sick really fast from RSV.

**Getting protected from RSV can prevent a trip to the hospital or ER by up to 83%.\*\*\*\***

\* Medical providers may recommend specific dosing schedules for young children and those with weakened immune systems.

Vaccines are available at local pharmacies, doctor's offices and community health centers. Go to [MySpot.nc.gov](https://www.nc.gov/my-spot) to learn more about how to protect yourself and your family.

\*\*CDC. (2024). Benefits of the Flu Vaccine. <https://www.cdc.gov/flu-vaccines-work/benefits>

\*\*\*New England Journal of Medicine. (2024). Durability of XBB.1.5 Vaccines against Omicron Subvariants. <https://www.nejm.org/doi/full/10.1056/NEJMc2402779>

\*\*\*\*CDC. (2024). RSV Guidance for Older Adults. <https://www.cdc.gov/rsv/hcp/vaccine-clinical-guidance/older-adults.html>



# Sick Season is here. Are you ready?



## There is no time like the present: get your vaccines now.



Make a plan. 'Tis the season for respiratory viruses. Get protected now to prevent getting really sick later.



Vaccines cut your risk of being hospitalized for flu or COVID-19 by about half.



Vaccines go through extensive safety testing. The risk of needing medical care or dying is much higher from getting sick than from getting a vaccine.



No need for several trips. It is perfectly ok to get your vaccines at the same time.\*



**Your health care provider  
is the best source for  
vaccine questions.  
Contact them directly.**

\* Medical providers may recommend specific dosing schedules for young children and those with weakened immune systems.

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